

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Picture 2.1 the material for the fermented spirulina

1. Spirulina



Picture 2.1.1 Spirulina used as a main ingredient and probiotics of this fermented spirulina.

2. Fermented Milk



Picture 2.1.2 Fermented Milk added as a component that help spirulina to be fermented.

3. Honey



Picture 2.1.3 Honey added as natural sweetener to help fermenting process.

4. Agar-agar Powder



Picture 2.1.4 Agar-agar powder added as a jelly mixture.

5. Water



Picture 2.1.5 Water added as a component for agar-agar and fermenting.

2.2 THE TOOLS USED DURING THE PROCESSING



Picture 2.2 The Tools Used During The Processing

1. Water Bottle



Picture 2.2.1 Water bottle used to store fermented milk.

2. Milk Pan



Picture 2.2.2 Milk pan used to boil water to make jelly.

3. Scale



Picture 2.2.3 Scale used to measure the amount of the ingredients.

4. Bowl



Picture 2.2.4 Bowl used to put the ingredients.

5. Stove



Picture 2.2.5 Stove used to cook.

6. Knife



Picture 2.2.6 Knife used to peel the onion's skin and jackfruit skin.

7. Spatula



Picture 2.2.7 Spatula used to stir and mix ingredients.

8. Refrigerator



Picture 2.2.8 Refrigerator to store the fermented spirulina

9. Spoon



Picture 2.2.9 Spoon used to take ingredients.

10. Cutting board



Picture 2.2.10 Cutting board used to place jelly to be cut.

2.3 APPROVED AND REVISED RECIPE

Recipe Name : Fermented Spirulina Drink

Yield : 30 portions

Main Ingredients : Spirulina

Ingredients :

Fermented Spirulina

- 11gr Spirulina Powder
- 150ml Fermented Milk
- 150ml Water
- 30ml Honey

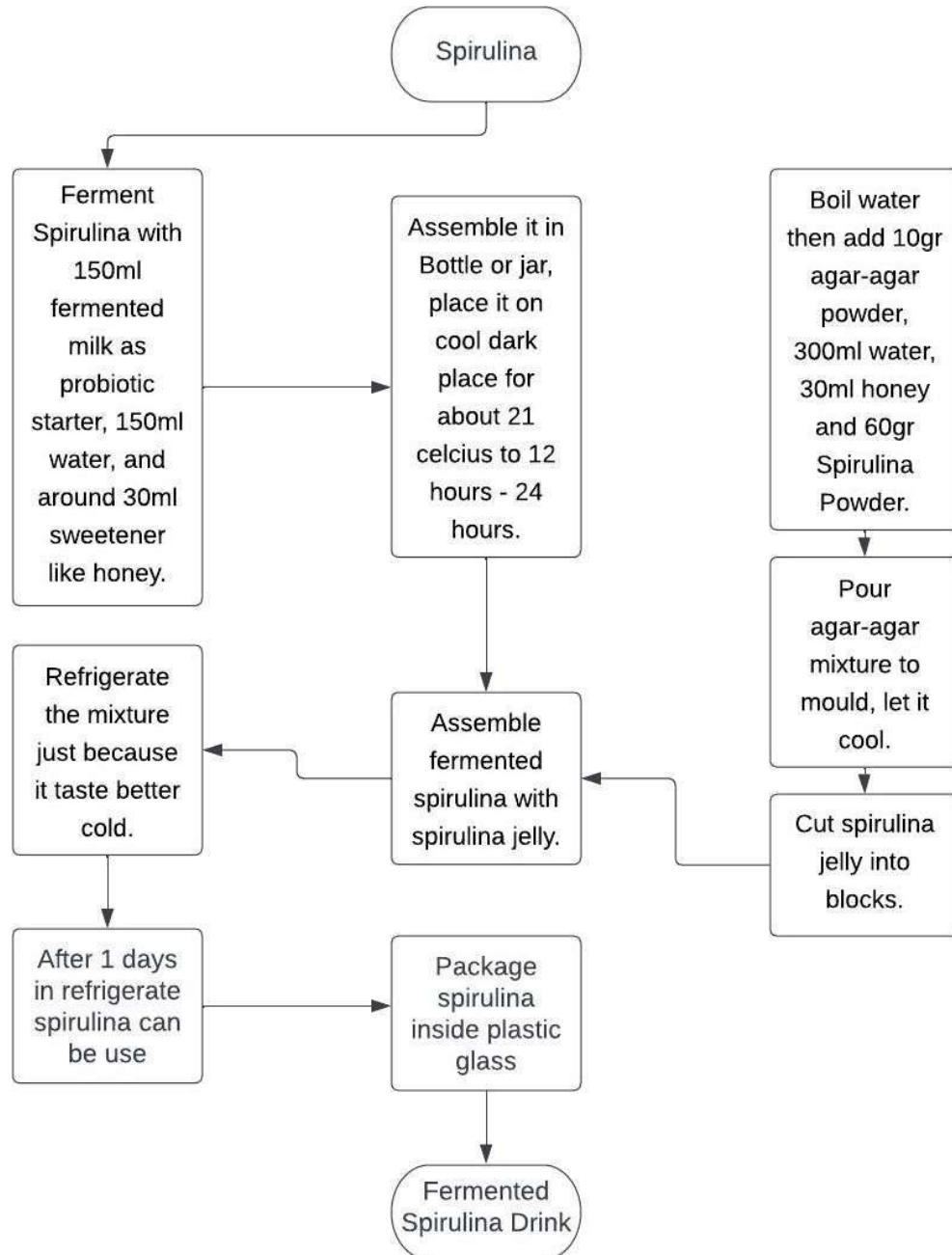
Jelly

- 10gr Agar-agar Powder
- 300ml Water
- 30ml Honey
- 10gr Spirulina powder

Method :

1. Ferment Spirulina with 150ml fermented milk as pro biotic starter, 150ml water, and around 30ml sweetener like honey.
2. Assemble it in Bottle or jar, place it on cool dark place for about 21 celcius to 12 hours - 24 hours.
3. Boil water then add 10gr agar-agar powder, 300ml water, 30ml honey and 60gr Spirulina Powder.
4. Pour agar-agar mixture to mould, let it cool.
5. Cut spirulina jelly into blocks.
6. Assemble fermented spirulina with spirulina jelly.
7. Refrigerate the mixture just because it taste better cold.

2.4 PRODUCT PROCESING USING FLOWCHART



Picture 2.4

Fermented spirulina drink flowchart.

2.5 PRODUCTS PROCESSING METHOD USING PICTURE

1. Ferment Spirulina with 150ml fermented milk as probiotic starter, 150ml water, and around 30ml sweetener like honey.



Picture 2.5.1 Combined spirulina, fermented milk, honey, and water.

2. Assemble it in Bottle or jar, place it on cool dark place for about 21 celcius to 12 hours - 24 hours.



Picture 2.5.2 Ferment spirulina inside bottle.

3. Boil water then add 10gr agar-agar powder, 300ml water, 30ml honey and 10gr Spirulina Powder.



Picture 2.5.3 Boiled water agar-agar mixture with spirulina.

4. Pour agar-agar mixture to mould, let it cool.



Picture 2.5.4 Poured agar-agar mixture in small container.

5. Slice spirulina jelly into blocks.



Picture 2.5.5 Sliced spirulina jelly blocks.

6. Assemble fermented spirulina with spirulina jelly.



Picture 2.5.6 Assembled fermented spirulina and jelly.

7. Refrigerate the mixture just because it taste better cold.



Picture 2.5.7 Refrigerated mixture inside refrigerator.